

PSHE – Making mistakes – developing resilience

Have you ever made a mistake? Of course you have. Me too – I make mistakes all the time. You know that we often say in school that mistakes are part of life and actually provide us with the best learning opportunities. However, some mistakes are not so easy to get past and they can really make us feel bad. We can feel silly for making a mistake, or feel bad if we think we *should* have done something differently. Sometimes mistakes do have serious consequences. BUT we need to try hard to change the way we look at mistakes, get past the way we feel, and try to remember all of the time to reflect on our mistakes and not miss the opportunities that we have to learn through them.

My day has included a lot of mistakes already. I forgot that we didn't have any milk for breakfast, so we had to make do without it. I sent the wrong email to someone and had to write another one. I didn't think very kindly before I spoke to someone in my house and hurt their feelings. You'll know that I make mistakes sometimes when I am explaining something in class, or forget to send the right home learning link out... The more I dwell on my mistakes, the worse I feel about myself. If I don't manage to forgive myself for making these mistakes and move on from them, then I will end up feeling very bad indeed.

Think about one of your mistakes from today.

Write down your mistake on a piece of paper. Crumple it up and hurl it at the wall with as close as you can get to the same feeling you have when you make a mistake.

Take a minute to calm down, and then pick up the paper, open it, and look at your mistake again.

As you look at what you wrote, say out loud to yourself, 'everybody makes mistakes, no matter who we are or how hard we try'. Say it again, several times – vary your tone of voice and your volume – but try to listen to yourself each time you say it.

Now have a think about your mistake. What did you learn from it? Is there any more than you could learn?

Now say out loud what you'll do the next time you make a mistake.

The final step is to crumple the paper up again, and this time throw it away for good, symbolizing the mistake is in the past and is no longer critical. You can even shout out a word when you do it, such as "Done!" or "Next!" or "Goodbye!"

We talk a lot in school about having a 'Growth mindset', and this will be really important for you as you move up to high school too. You will not find everything easy all of the time. You will have to work at things – your lessons, finding your way around, and your friendships. You *will* make mistakes. You will. Really successful people reflect on their mistakes to make sure that they learn from them, and then they rarely repeat the same mistakes again. They also know how to forgive themselves for making mistakes, remembering that it's just a part of being human.

There is another side to making mistakes – some people are so worried about making them, that they would rather not explore new things or have a go.

Have a watch of this video:

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-growth-mindset-what-is-a-good-mistake/zd9c6v4>

What are the consequences of being so fearful of making mistakes that you won't 'have a go'?

The philosophy lesson in week one had some questions about taking risks – have a think about your own 'risk taking' personality. Are you a risk-taker, or the opposite, risk-averse? How will this personality trait affect you as you go up to high school?